Foods 9/10

Revised 2016

**Naan Bread**

(Serves 2-3; 2 recipes per unit)

**Day 1:**

**Ingredients:**

325 mL flour

4 mL instant yeast

1 mL salt

15 mL oil

65 mL buttermilk

warm water

**Method:**

1. In a large bowl, mix flour, yeast and salt.
2. Add oil and mix well with a wooden spoon.
3. **Gradually** add buttermilk; mix to make a soft dough, adding warm water if necessary. Dough should be soft but not sticky (should feel similar to gently pressing your finger in to your cheek).
4. Knead dough on a **lightly** floured surface until smooth and elastic.
5. Place in **lightly** oiled plastic bag, making sure dough is covered with oil.
6. Label and refrigerate.

**Day 2:**

1. Divide dough into 4 pieces.
2. Shape each piece into a 3-inch/15 cm round/oval shape, about ½-cm thick. Traditional naan bread is baked in the shape of a “slipper.”
3. Preheat broiler for 1-2 minutes, making sure oven rack is in top position.
4. Place pieces on a cooling rack, then place the cooling rack on a cookie sheet pan.
5. Broil until light brown, turning once (approx. 2 minutes per side)
6. Serve with a favourite condiment, such as raita.

